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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22
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BRIGHT COLOURS, LOUD PRINTS AND BOLD METALLICS DOMINATE TRENDS FOR MEN NEXT SPRING PAGE 23

OTTAWA metro®

Thursday, July 12, 2012

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PAINTING THE TOWN A VIBRANT RED

Bryanna Larocque, 3, paints at Dundonald Park with Elizabeth Spice, an early-childhood educator at Centretown Community Health Centre Wednesday. The health centre is helping transform the park to a vibrant place for the local community by organizing free activities as part of 8-80 Cities' Active Places, Healthy People initiative. 8-80 Cities is a non-profit from Toronto "committed to creating vibrant cities and healthy communities." This month, Centretown CHC has planned splatter painting, yoga, folk and line dancing as well as evening gardening sessions with the help of Friends of Dundonald Park. NOURAN ABDELLATIF/FOR METRO

Tory cuts cost youth jobs: Brison

Sidelined. Students new to labour market need help, says Liberal finance critic

GRAHAM LANKTREE
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The next generation is being sidelined from summer jobs and future careers, Liberal Finance critic Scott Brison said Wednesday.

His remarks come after reports found summer employment for youth fell to its lowest point since 1977.

"Students are now fiercely competing for entry-level jobs with middle-aged people who have lost theirs," said Brison. "If we don't act, it will put a generation at a significant disadvantage."

Brison called for the feds to create a youth-hiring tax credit, increase funding for the Canada Summer Jobs program and reopen summer youth job centres that closed in February after serving Canadians for 40 years.

In February, the government said that closing the locations would save $6.5 million and that youth are asking for more tools online, so it would focus on enhancing the features of its youth jobs website.

In 2006, $55 million was cut from the Canada Summer Jobs program and funding was frozen until 2011, when the government invested $10 million in the program, bumping its budget to $107.5 million.

"There needs to be a consideration for reality," argued Alyson Queen, a spokesperson for Minister of Labour Lisa Raitt. "The budget has been increased. There has also been a significant rise in the minimum wage and that impacts the jobs employers can provide."

The summer unemployment rate among students in 2009 stood at 19.2 per cent for those 15-24. The number stood at 63.2 per cent in June for 20 to 24-year-olds, the highest rate Statistics Canada has recorded since it began tracking the data in 1977.

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Bystander aided abuse victim: Cops

Domestic. Stranger rescues woman who was ambushed by ex after he slashed her tires, police allege

JESSICA SMITH
jessica.smith@metronews.ca

A Gatineau man is facing serious charges after he allegedly punctured his ex-girlfriend's car tire, followed her until she had to pull over and then violently confronted her in a supermarket parking lot.

The police force is thanking a bystander who helped the woman when she was being attacked. They are reminding victims of domestic abuse to contact police for help, a spokesperson said.

Between midnight and 6 a.m. on Wednesday a woman's ex-boyfriend punctured a tire of her car, police allege. When she was driving, she realized something was wrong with a tire and pulled over in the parking lot of the Metro on Montée Paiement, police said.

"We presume she was being followed by her ex-boyfriend because as soon as she pulled over he arrived immediately and started pushing her and kicking her car. He was pretty violent," said spokesperson Pierre Lanthier.

The suspect fled when a man who was shopping at the supermarket came upon the violence in the parking lot and confronted the suspect, added Lanthier.

"That man acted very bravely," said Lanthier. Police caught up with the suspect soon afterwards. Nikolas Chamberland, 19, is charged with assault, mischief and criminal harassment.

Follow Jessica Smith on Twitter @jessiecatherine

Teen thrown from car into cornfield

Ottawa police investigate a rollover collision on Fernbank Road near Shea Road early Wednesday morning near Stittsville. A 17-year-old teen was thrown 20 metres into a cornfield and is in critical condition in a hospital trauma unit. His mother was released from hospital, according to acting Insp. John McGetrick.

MIKE CARROCCETTO/FOR METRO

Some Canadians have money to melt

Shrivelled bills were all one man found when he stored them in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a teller at the Interior Savings Credit Union in Kelowna, said the new $50 and $100 bills are supposed to withstand boiling water but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ontario, told of a man who stored his bills in a tin box near a heater and returned the next day to find them shriveled and melted together.

"We've put these notes through a lot of testing so that they stand up to our very hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, that they can have them replaced by filling out a form on the bank's website.

New notes

$20

The bank's new $20 note is set for release this November, Julie Girard, a currency spokesperson for the Bank of Canada said, and the remaining $10 and $5 denominations will be out before the end of 2013.

GRAHAM LANKTREE/METRO, WITH FILES FROM THE CANADIAN PRESS

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WHY WEIGHT?

1 NEWS

On the web

Weighed down? Feed your head instead

Losing the battle of the bulge? Don't blame yourself, blame your brain, say doctors who are using electronic pulses to rework hunger pathways in the brain. Go online to see how neurostimulation is helping the obese lose weight.

Mobile news

A tiny blood-sucking parasite from the Caribbean has been named in honour of Jamaican reggae icon Bob Marley. Is it an homage to the singer or sly insult? Scan the code to find out more.

Matthews proposes overhaul of Nepean equestrian park

Greenbelt Stables.
New facility could also include soccer pitches, a new home for the royal swans and a 'forest school' for kids

High-tech mogul Terry Matthews has proposed upgrades to the Nepean National Equestrian park, including a large show-jumping stadium, expanded stables and trails running through nearby forests. CONTRIBUTED

High-tech mogul Terry Matthews wants to ride to the rescue of the Nepean National Equestrian Park.

The Mitel co-founder is proposing an investment of up to $30 million to create Greenbelt Stables, a facility that would include much more than horses.

An unsolicited proposal shared with the city and the NCC says Matthews' Wesley Clover Foundation could run the equestrian park and adjacent city campground while providing many upgrades. The foundation is seeking a 25-year lease for the site.

The proposal comes as current users worry where they will ride if the city goes ahead with plans to close the money-losing centre as soon as this fall.

Wesley Clover Foundation vice-president Simon Gwatkin said the park needs to be first and foremost an equestrian facility, but it can offer much more.

"It's a big chunk of land and we felt there was more that could be done to make sure it's used every day," he said. TORSTAR NEWS SERVICE

Amenities

Possible additions put forth by Wesley Clover Foundation:

- The Ian Millar Horsemanship Centre, which would attract high-level equestrian competitions. Concept drawings show covered seating areas that would likely hold more than 2,000 people.
- A new home for the royal swans, including an indoor winter habitat with one-way glass so visitors can see the birds up close.
- An outdoor recreation area, including space for seven full-size soccer pitches.
- A "forest school" to allow kids up to age six to spend time learning outdoors.
- Space for non-equestrian events, including the National Capital Flower Show, the National Capital Harvest Festival and an annual curling competition modelled on the HOPE Volleyball Festival.

Water conservation

City could be under Level 2 drought by Friday

The City of Ottawa may have to ask residents to conserve more water if the region enters a Level 2 drought.

The Rideau Valley Conservation Authority will hold a meeting Friday to discuss if the current Level 1 drought label for the region needs to be raised in light of the unexpected lack of rain in parts of southern and eastern Ontario. "It's likely that we will make that declaration, but I can't say for 100 per cent," said Patrick Larson, the authority's spokesperson.

Under a Level 2 drought, residents would be asked to reduce their water consumption by 20 per cent. Under the current level, residents are being asked to reduce consumption by 10 per cent. JOE LOFARO/METRO

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Refund debacle irks Hoedown ticket holders

Getting a refund from organizers of the cancelled Capital Hoedown festival appears to be anything but a walk in the park.

Ticket holder Samantha Hartley said while her refund cheque for $425 was supposed to arrive a week ago, she has not received any money or notice from the company that organized the festival, Concert International.

Following advice from Concert International president and CEO Denis Benoit, she contacted her credit card company, Visa, which she said told her to prove that the event was cancelled.

"(The Visa employee) knows it's been cancelled, but because of liability, I have to provide proof," said Hartley. "I was a little shocked at first."

Hartley said she must fax a media clipping to Visa as proof and wait up to eight weeks to receive a refund.

"Eight weeks? I didn't expect to wait that long," she said.

Front Gate Tickets told Metro it cannot issue refunds because they never actually received any money from ticket proceeds.

That setback makes it a little harder for people like Hartley to get their money back.

"All in all, I'm really let down," she said, adding that the waiting game is making her frustrated. "I'm kind of a laid-back person ... but I'm really hurt and confused."

Alex Kluew is also in refund limbo. He said he bought his tickets from someone on Kijiji and hopes that the reseller will process the refund for him with his bank and give him the money.

Otherwise, Kluew said the reseller can simply pocket double the cash if he gets a refund. JOE LOFARO/METRO

A screengrab from the Front Gate Tickets website, with instructions about obtaining refunds. FRONTGATETICKETS.COM

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Canadian Forces members go the distance in Netherlands

Test of endurance. Annual event in which marchers cover 160 km 'a great symbol of friendship' between the two countries

NOURAN ABDELLATIF
ottawa@metronews.ca

Canadian Forces can expect friendship, warmth and free beers when they head to the Nijmegen region of the Netherlands for the 96th International Four Day Marches July 17.

About 260 marchers are heading to the Netherlands this year, marking their 60th year participating in the event. Each marcher trained for six months, covering an average of 700 to 1000 kilometres, to be able to carry a rucksack weighing at least 10 kilograms during the 160-kilometre march in standard combat dress.

Lt.-Gen. Stuart Beare, commander of the Canadian Expeditionary Force, and the command and reviewing officer of the parade held Wednesday to send off the contingent, reminded the troops of the thousands of Forces members whom they're representing.

"Know you go with our blessings, and maybe even some blisters," said Beare. "As a profession, you have represented all of us proudly as we would want to be represented by others."

The marches are "a great symbol of friendship between Canada and the Netherlands," said Netherlands Ambassador Wim Geerts, who attended the ceremony.

Capt. Eric Roy of Ottawa is participating in the marches for the second time — this year as a team captain. He said the best way to get through the long hours is singing to keep the morale up. That includes singing I Just Called to Say I Love You every time they walk past someone on a cellphone.

His team is also bringing 65 pounds of maple candy to hand out.

"We're expecting to be, if not the leading cause of cavities in (the Netherlands) when we leave, (then) at least (the cause of) a lot of happy kids," said Roy.

Members of the Canadian contingent march out of the sending-off parade at the War Museum on Wednesday. The marchers are heading to the Netherlands to participate in a four-day march in the Dutch countryside. NOURAN ABDELLATIF/FOR METRO

Ottawa-built Facebook app wants you to 'like' your dinner

ZaZaZa's mobile menu and physical menu are seen in a provided photo. JASON ANNABLE/CONTRIBUTED

A local startup company wants to know what you and your friends like to eat.

Jason Annable is starting the mobile MOBLmenu with the help of Ottawa eateries such as ZaZaZa pizza restaurants.

Diners use their smartphones to scan a QR code on their menu, which takes them to a mobile-optimized web app, where they find the restaurant's menu and a list of dishes that their Facebook friends have "liked."

So, if anyone is a little unsure about what Kraft Dinner and hot dogs taste like on ZaZaZa's "Scary Roommate" pizza, they can at least find out if their friends liked it.

Restaurants can customize deals on the website, such as giving away coupons for free food for people who "like" dishes, said Annable.

"You can also get a special deal by being friends with a person who referred the restaurant," he said.

Anyone who "likes" a deal will see that posted to their Facebook feed, which could offer a timed deal to their friends they can buy right away — similar to a Groupon deal.

Annable is working on the project full-time and hopes to expand soon.

"ZaZaZa is the first client, and I'm hoping to go from there," he said.

JESSICA SMITH/METRO

Monthly reviews

City creates lobbyist registry

The City of Ottawa voted to create a new lobbyist registry, to be overseen by a new integrity commissioner. The registry will start Sept. 1 and will mean meetings, emails, phone conversations and other forms of formal and informal communication between lobbyists and city officials will have to be reported. JOE LOFARO/METRO

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Online vigilante group targets pedophiles

Calling them out. Netherlands chapter of collective announces plans to shut down child-porn sites, publish suspected users' names

KIERON MONKS
Metro World News

Hacker collective Anonymous has launched Operation PedoChat, an international campaign against online pedophiles, disabling child-abuse websites and publishing lists of suspected users.

In a video message posted Monday on Anonymous Netherlands, a masked spokesman announced: "We Anonymous aim to diminish if not eradicate this plague from the Internet. For the good of our followers, for the good of mankind, and for our own enjoyment we shall expel from the Internet and systematically destroy any such boards that continue to operate."

There has been a rapid response from the group's international chapters and the statement has been translated into several languages. Websites such as boychat.org and boylovenews.com have been taken down and more than 85 further sites are targeted. Thousands of suspected pedophiles are named on Anonymous websites.

The group is best known for attacks on major credit agencies and government websites, but has recently made pedophiles a focus. In 2011, the group hacked 40 websites and released the names of 1,500 suspected pedophiles as part of Operation Darknet, and published another list of names in June. Experts believe "Operation PedoChat" has taken the campaign to a new level. "This time Anonymous members seem much more set on doing damage as factions around the world rally behind the cause," commented tech blog ZDNet.

Anonymous with a Guy Fawkes mask in Los Angeles. VINCENT DIAMONTE|FLICKR

Despite a positive reaction on Twitter, victim-support groups are critical. "Cheap publicity-seeking can be counterproductive as there is a risk the pedophiles can go off-radar and disappear," Peter Saunders, CEO of the U.K. National Association for People Abused in Childhood (NAPAC), told Metro.

Frontier justice

A spokesperson for the CEOP, the U.K. police department for child protection online, told Metro that Anonymous "may be compromising ongoing investigations" and that activists hacking illegal sites could be prosecuted themselves.

The spokesperson urged members of the public to share information with authorities, adding that "police are doing better in this area. Sex-exploitation arrests and convictions are going up."

West Virginia. Man accused of enslaving and torturing wife for years

Authorities say a U.S. man tortured and enslaved his wife for much of the past decade, forcing her to endure two pregnancies and childbirths in shackles.

A criminal complaint against Peter Lizon, 37, says one baby was stillborn and buried on the family farm in West Virginia. The other survived but apparently has never had medical care.

Chief Deputy Tony Boggs said 43-year-old Stephanie Lizon endured more suffering than virtually any domestic-violence victim he's seen.

"This appears to go beyond abuse to what I would consider torture," he said.

The complaint says Stephanie Lizon was burned on her back and breasts with irons and frying pans and had her foot smashed with a piece of farm equipment, among other things.

Peter Lizon's attorney, Shawn Bayliss, said the allegations are not only untrue but "the fabrication of a fertile imagination or a feeble mind, one of the two."

THE ASSOCIATED PRESS

Miners' strike turns ugly

A woman grapples with riot police during a demonstration by Spanish coal miners Wednesday in Madrid. The miners had marched to Madrid in protest of industry subsidy cuts. Six demonstrators were hospitalized after police fired rubber bullets. Police made seven arrests, and two officers were injured. DENIS DOYLE/GETTY IMAGES

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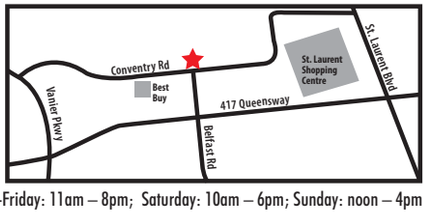

Monday-Friday: 11am – 8pm; Saturday: 10am – 6pm; Sunday: noon – 4pm

Just 15,000 inmates

Toews springs a jail surprise

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below estimates by the Correctional Service of Canada.

Toews says the numbers refute opposition suggestions the government's tough-on-crime laws will put more people behind bars.

The lower-than-expected numbers, he added, will allow the government to spend almost $1.5 billion less over the next seven years by not building prisons.

THE CANADIAN PRESS

Branson family

A space trip? That's kid stuff

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceshipTwo next year — along with 120 others.

THE ASSOCIATED PRESS

Richard Branson reveals his space plans on Wednesday.

THE ASSOCIATED PRESS

Doctored photos

Teen Vogue is newest target

Seventeen magazine promised them it would not alter body shapes in photographs. Now a group of teenage girls have collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images.

The girls, affiliated with the protest group SPARK Movement, said Teen Vogue and other magazines present an unrealistic notion of beauty.

Teen Vogue said: "We feature healthy models on the pages of our magazine and shoot dozens of non-models and readers every year and do not retouch them to alter their body size. Teen Vogue pledges to continue this practice." THE ASSOCIATED PRESS

700 geese gassed in safety flap

Airliners in danger. Officials finally get permission to storm refuge near JFK airport

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes. But they were untouchable living on protected land.

That all changed Monday.

Armed with U.S. Fish and Wildlife permits issued June 29, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

TORSTAR NEWS SERVICE

A true hero

One Canada-goose midair strike produced true pilot heroism.

- **Impact.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia in 2009.
- **Splash.** Capt. Chesley Sullenberger glided the plane into the Hudson River and saved all 155 people on board.

Terror hits a picnic trip as school bus spins into gorge

This is the spot where a student picnic trip ended in tragedy. A crowd gathers around an upturned school bus that fell into a gorge after an accident at Nambalnar, about 47 kilometres from Srinagar, India, on Wednesday. Two died and dozens were injured, reports said. MUKHTAR KHAN/THE ASSSOCIATED PRESS

Zoo carnage. Siberian tigers maul man to death

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

THE ASSOCIATED PRESS

Mystery. One of richest women in Britain dies

One of Britain's richest women, Eva Rausing, has been found dead in her London home.

A man was arrested in connection with the case.

The 49-year-old man was held on suspicion of drug possession. Later, a search of an address in the Belgravia area turned up Rausing's body.

THE ASSOCIATED PRESS

Tears. Japan's joy turns to sorrow as panda dies

A baby giant panda died at a Tokyo zoo on Wednesday, less than a week after its birth.

The birth had created excitement across Japan, and the nation is mourning the baby's death. Tokyo's Ueno Zoo said the male panda, which had not been named yet, died of pneumonia Wednesday morning.

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Hazing death. Florida university president resigns amid scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's archrival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty. Their trial is scheduled to begin the same month as Ammons' resignation, in October.

THE ASSOCIATED PRESS

Robert Champion, the Florida A&M University drum major who died in a hazing incident. THE ASSOCIATED PRESS

Sanctions rollback

U.S. set to invest in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil-and-gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions.

THE ASSOCIATED PRESS

Suicide attack

Yemeni cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, according to security officials.

THE ASSOCIATED PRESS

Americans agree: 9-11 is TV event of past 50 years

Research. Despite consensus on No. 1, men and women differ on cultural impact of other memorable telecasts

In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. MARTY LEDERHANDLER/THE ASSOCIATED PRESS FILE

The Sept. 11, 2001, terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of replayed as an historical artifact.

Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen. By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23. Young people ranked Barack Obama's Election Night speech in 2008 at No. 3, while older viewers ranked it 24. THE ASSOCIATED PRESS

Fact over fiction

Brian Siegel, the vice-president of television business for Sony, said he had anticipated that entertainment events like the final episode of M-A-S-H (ranked No. 42), the Beatles' appearance on The Ed Sullivan Show (No. 43) and the "Who shot J.R.?" episode of Dallas (No. 44) would rank higher.

- Instead, television coverage of news events made the biggest difference in viewers' lives.

Wendy Cross, shown in Atlanta on Tuesday, is out $300,000 US after bank director Aubrey Lee Price allegedly fled the country with $17 million of his clients' money. DAVID GOLDMAN/THE ASSOCIATED PRESS

U.S. bank director disappears with $17M

After penning a rambling confession to financial regulators and writing notes to his family, a south Georgia bank director boarded a ferry in Florida and disappeared.

Now local and federal investigators are trying to determine whether Aubrey Lee Price killed himself, as his lengthy confession would have them believe, or whether he slipped away with $17 million US of investors' money. His family has told authorities they believe he's dead, but federal investigators aren't so sure and have offered $20,000 for information leading to his arrest.

"I created false statements, covered up my losses and deceived and hurt the very people I was trying to help," says the confession letter investigators believe was written by Price.

Wendy Cross moved about $300,000 to Price's firm after a trusted financial adviser told her it would be a good investment. She met Price in person once. She described a very religious, soft-spoken man with a gentle demeanour and an air of kindness. "He should have won an Oscar for his performance that day," she said. "He has left a path of financial carnage."

Price left his home in south Georgia on June 16, telling his family he was headed to Guatemala for business, said Sgt. Aaron Pritchett of the Lowndes County Sheriff's Office.

THE ASSOCIATED PRESS

Derailment activates emergency crews

This aerial photograph shows a derailed freight train on Wednesday in Columbus, Ohio. Part of the freight train carrying ethanol derailed and caught fire early Wednesday, shooting flames skyward into the darkness and prompting the evacuation of an area more than a kilometre wide as firefighters and hazardous materials crews monitored the blaze.

EAMON QUEENEY/THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Romney booed during pitch to black voters

NAACP. U.S. presidential candidate takes shots at Obama while attempting to reach out to key demographic

Quoted

"He'll be standing in that room asking people for their votes at the same time that Republican legislators are trying to disenfranchise minority communities."

Karen Finney, Democratic consultant

Republican presidential candidate Mitt Romney made a major pitch to black voters Wednesday with a heavy emphasis on the economy, but was booed when he promised to get rid of the Obama administration's health-care overhaul.

"I will kill every expensive and unnecessary program I can find, and that includes Obamacare," Romney said, then waited and smiled through the crowd's disapproval.

He faced more boos when he criticized President Barack Obama, who won 95 per cent of the black vote in 2008, and expects high support again in the November election.

Republicans and Democrats said Romney was making a statement just by speaking to the oldest U.S. civil-rights group. His speech tried to show independent and swing voters that his campaign is inclusive.

"If equal opportunity in America were an accomplished fact, then a chronically bad economy would be equally bad for everyone," Romney told the annual meeting of the National Association for the Advancement of Colored People. "Instead, it's worse for African Americans in almost every way." THE ASSOCIATED PRESS

Mauled. Raccoons chase, bite Washington woman

A Washington state woman says she was attacked and bitten by raccoons after her dog chased several of the animals up a tree.

Michaela Lee had just finished jogging in Lakewood's Fort Steilacoom Park on Monday when her dog got loose.

When she went to grab the dog's leash, several other raccoons started to scratch her legs, chased her for more than 20 metres, knocked her down and bit her.

Neighbour Michael Parks told the News Tribune he heard Lee screaming and saw her on the ground. He then called 911.

The 28-year-old Lee was treated for about 16 puncture wounds and had numerous scratches. THE ASSOCIATED PRESS

Forced abortion

Family accepts cash settlement

The family of a woman forced to undergo an abortion because she ran afoul of China's one-child policy has accepted a cash settlement of 70,600 yuan ($11,200 US), apparently ending a controversy that caused a public uproar and embarrassed the government.

THE ASSOCIATED PRESS

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Penn State. Paterno letter released one day ahead of pivotal sex-abuse report

Joe Paterno defended his football program's integrity in a seven-month-old letter released Wednesday, a day ahead of a report that could forever mar his legacy.

In the letter, written shortly before his death from lung cancer in January and confirmed as legitimate by his family, Paterno rejected the notion that Jerry Sandusky's sexual abuse of boys amounted to a "football scandal" or in any way tarnished the accomplishments of his players or Penn State's reputation as a whole.

The results of Penn State's internal investigation into the Sandusky scandal are set to be released Thursday in a report that should answer many of the troubling questions swirling around one of the worst scandals in sports history.

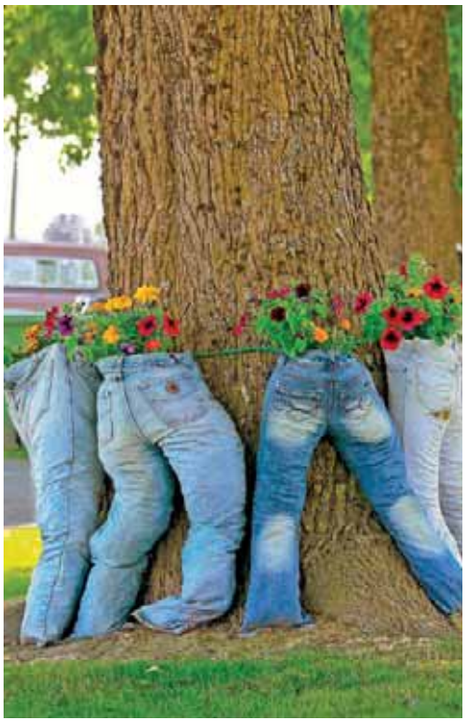
A team led by former federal judge and FBI ex-director Louis Freeh interviewed hundreds of people to learn how the university responded to warning signs that its former assistant football coach — a man who helped Paterno win two national titles for a university that touted "success with honour" — was a serial child molester.

Sandusky was convicted on 45 criminal counts last month at a trial that included gut-wrenching testimony from eight young men who said he abused them as boys. By contrast, the Freeh report, to be released online at 9 a.m. Thursday, will focus on Penn State and what it did — or didn't do — to protect children.

Eight months after Sandusky's arrest, it remains unclear how top university officials handled reports dating back at least 14 years that Sandusky was behaving inappropriately with boys he met through his charity, bringing them on campus and forcing them into sex acts.

THE ASSOCIATED PRESS

Penn State University officials, including president Graham Spanier, are awaiting a report on the Jerry Sandusky scandal.
CAROLYN CASTER|THE ASSOCIATED PRESS



Blue jeans going to pot

This Tuesday photo shows street-side planters in Venna Godbey's front yard in Longview, Wash. She used seven pair of old jeans to make the planters to amuse passersby. She filled the legs with straw and put planter boxes on the top. BILL WAGNER/THE ASSOCIATED PRESS

Universal Studios. U.S. theme park sued after barring amputees from ride

Universal Studios Hollywood has been sued for barring amputees from a theme park roller coaster.

The Los Angeles Times says the federal court lawsuit contends two men were kept off the Revenge of the Mummy ride in violation of the Americans with Disabilities Act.

Angel Castelan's forearms were amputated after an electrical accident as a child and Marvin Huezo's legs were amputated after a car accident.

Castelan says ride operators told him in 2010 that he couldn't ride the coaster because he doesn't have hands to grip the safety bars.

He returned to the theme park last year with Huezo and operators told them a new policy requires riders have at least one hand and one leg.

A theme-park spokesman declined comment on pending litigation against Universal Studios.

THE ASSOCIATED PRESS

Cape Cod

Shark that chased kayaker not a great white: Expert

The shark that caused a sensation when a photo of its fin slicing through the waters off Cape Cod behind a frightened kayaker was distributed worldwide might not have been a man-eating great white after all.

Massachusetts's top shark expert says the fin likely belonged to a harmless basking shark, a giant fish that feeds on nothing but plankton.

Greg Skomal of the Massachusetts Division of Marine Fisheries says the fin's shape and the depth at which the fish was swimming make him near positive it was a basking shark.

He says a basking shark's fin is more rounded at the top and basking sharks swim closer to the surface.

Of course, Skomal says, there really are great whites in Cape Cod waters.

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‘Save Lennox’ fight fails as authorities put dog to sleep

Cause célèbre. Belfast pet inspired a legal battle and animal-rights protests on both sides of the Atlantic

This family photo shows Lennox, a pitbull-terrier-type dog who lived in Belfast. CONTRIBUTED

A heated two-year campaign to save a pitbull-terrier-type dog in Northern Ireland came to an end Wednesday with the dog being “humanely put to sleep,” according to a news release from the Belfast City Council.

Lennox’s death was in “accordance with the Order of the County Court which was affirmed by the Northern Ireland Court of Appeal,” city officials said in a statement.

The seven-year-old dog was seized by Belfast City Council dog wardens in May 2010. Experts suggested the dog represented a danger due to his unpredictability and should be put down.

Judges from Northern Ireland’s most senior court rejected a bid by the dog’s owner — Caroline Barnes — to overturn that decision supported by two lower courts. The 35-year-old woman was heartbroken when she heard the news of her dog’s demise, adding that her teenage daughter Brooke had not even been given the chance to say a final farewell to the family pet.

“We had told Brooke that even if we don’t win she can still see Lennox, have her last pictures with him and say goodbye,” Barnes told the Belfast Telegraph. “To then have to tell her that ‘No, that is not happening,’ it has been extremely unfair.” The family has been told that Lennox’s body will not be returned. The dog is to be cremated and the family will be given his ashes.

TORSTAR NEWS SERVICE

Online sensation

- The campaign to save Lennox was championed by about 200,000 people in an online petition.
- Celebrities such as dog trainer Victoria Stillwell, boxer Lennox Lewis and Northern Ireland’s First Minister Peter Robinson had all called out on Twitter for the dog to be spared, the BBC reports.

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Q2. Consumer spending up, but June figures suggest slowdown: Study

Consumer spending increased in the second quarter compared with a year ago but that figures for June point to a slowdown, according to a report by credit- and debit-card processor Moneris Solutions.

Moneris said Wednesday that, overall, consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, Moneris Solutions.

Economists have also been predicting a slowdown in spending, as consumer debt levels are already at all-time highs, and it's expected that Canadians will rein in their expenses.

During the second quarter, the entertainment category saw the highest increase in overall spending in the quarter, up 9.43 per cent, while hotels and restaurants came in a close second, with growths of 6.75 and 6.41 per cent, respectively.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

THE CANADIAN PRESS

Modest growth

2.74%

Apparel, a traditionally strong spending category for Canadians, experienced more modest growth, with an increase of 2.74 per cent compared to the same period last year, Moneris said.

San Bernardino

Another California city goes bankrupt

As recently as last month, no city in California had opted for bankruptcy since 2008, and no U.S. city of more than 200,000 people had ever chosen that route.

The past two weeks have changed that, as the fiscal struggles faced by many American cities became too much for some to bear. San Bernardino became the third California city in that small span to choose Chapter 9 bankruptcy protection with a city council vote on Tuesday night.

The city of about 210,000 people will also become the second-largest in the nation ever to file for bankruptcy.

Stockton, the northern California city of nearly 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3.

THE ASSOCIATED PRESS

Market Minute

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Global weakness hits Canadian exporters

Trade deficit widens. Exports performance generally negative in May, with exception of machinery and equipment shipments

Trucks make their way through security into the Port of Vancouver in this file photo. Exports to most countries were weak in May, the latest StatsCan numbers show. THE CANADIAN PRESS FILE

Canada's merchandise trade deficit with the world expanded more than expected to $793 million in May, suggesting global economic difficulties are taking a toll on Canadian producers.

It was the second consecutive big monthly setback after some steadily improving trade results, and was made worse by a revision to April's data, which pushed that month's deficit to $623 million from a previously reported $367 million.

The surprisingly deep downturn worried even normally bullish analysts that a trend to weaker numbers may be setting in.

Economists said the trade performance will drag down economic growth in the second quarter, which ended in June but has yet to be released.

As expected, given the European recession and slow growth in the United States, exports to most advanced countries were weak during the month. But the big shocker was that exports to Japan fell a massive 25.7 per cent.

Overall, exports held steady at $38.9 billion, while imports rose 0.4 per cent to $39.7 billion.

Another surprise, said Emanuella Enenajor of CIBC, is that imports of machinery and equipment again declined and are down on a year-to-year basis, flying in the face of Bank of Canada surveys suggesting firms will continue to up investments.

The Bank of Canada had expected second-quarter economic growth to come in at 2.5 per cent, but most economists believe the central bank will cut that projection next week.

THE CANADIAN PRESS

Downturn

"There's not much that's bright about these numbers. It's generalized weakness any way you cut it."

Peter Hall, chief economist, Export Development Canada.

RIM's board takes heat over changes

Research In Motion has taken many hits in recent months, but the composition of the BlackBerry maker's board of directors is a growing concern for some shareholders who are pushing for major changes sooner rather than later.

Vague assurances by chairwoman Barbara Stymiest of changes to come at the company's annual meeting this week left some, including activist shareholder Vic Alboini of Jaguar Financial, unsatisfied and calling for a makeover of the board now.

Alboini, who declared his hard stance at the shareholder gathering, showed no signs of letting up Wednesday, saying chief executive Thorsten Heins was not suited for the job.

"I think he should be gone from the company. He was there for the last five years and he was part of the problem," Alboini said in an interview Wednesday.

Alboini has called for RIM to bring on more diverse board members, including one from Silicon Valley and two from New York, adding that the company could also benefit from additional non-Canadian members.

"You might also need somebody in Southeast Asia," he said, of a market that RIM has proclaimed of particular interest as it looks to push sales of its older BlackBerry smartphones in the short term.

Heins previously served as RIM's chief operating officer and took the reins of the company in January from co-CEOs Jim Balsillie and Mike Lazaridis, and quickly assured investors that RIM would stay the course with no layoffs in sight.

Now the company is in the midst of a massive layoff of about 5,000 employees in an effort to help save about $1 billion by the end of fiscal 2013.

THE CANADIAN PRESS

Energy. Minister can't say who gave order to cancel Ontario gas plant

Energy Minister Chris Bentley was at a loss Wednesday to say who made the decision to pull the plug on a gas plant in Mississauga, Ont., just a few days before last year's election, a move that will cost the cash-strapped province $180 million.

Bentley would only say that the announcement was made through a Liberal party press release, and couldn't clear up whether it was the party or Premier Dalton McGuinty who ultimately made the call.

He was only appointed energy minister after the election, he told a legislative committee. Bentley couldn't say whether taxpayers are on the hook for the move or if the cost will show up on hydro bills.

THE CANADIAN PRESS

Quoted

"I wasn't part of that decision."

Energy Minister Chris Bentley, on who made the move to cancel a planned gas plant in Mississauga, Ont., last year

Oil. Lessons from spill will apply to Northern Gateway: Enbridge

Lessons learned from an Enbridge pipeline spill in Michigan two years ago will be applied to the controversial Northern Gateway pipeline and other future projects, the soon-to-be CEO of the pipeline company said Wednesday.

"We haven't just been sitting around for the past two years," Enbridge president Al Monaco told reporters at the TD Securities Energy Conference.

"We made lots of enhancements in various areas of our business and we're going to continue to apply those learnings."

Monaco made his remarks a day after a report by the U.S. National Transportation Safety Board slammed the company's response to the leak, in which some three million litres of crude spilled into wetlands, a creek and the Kalamazoo River.

Some employees are "no longer with us," said Monaco when asked if anyone had been disciplined following the spill. He declined to be more specific.

THE CANADIAN PRESS

MAN VS. TOILET: THE ETERNAL STRUGGLE

HE SAYS...
John Mazerolle
metronews.ca/hesays

Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "Kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly.

It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "No, no, no!" and staring at it really hard.

Defeated

At one point, the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around and their missiles do nothing, like with The Squid From Beyond the Stars? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hellmouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're into that sort of thing.

Every man's nemesis: the toilet. ISTOCK

This chipmunk has gone nuts

DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO

Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

Parent on his experience

- **How did this happen?** "I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."
- **Chipmunk challenge.** "Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."

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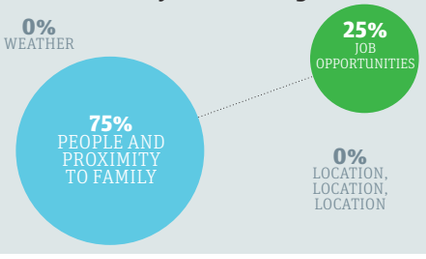

Twitter

@randaltomada: I've noticed that EVERYWHERE in #Ottawa they're playing 90's jams. Is this a thing that I've missed? #trends? #timewarp

@zprew55: I have cheated death once again and crossed the Canadian border with @youthlagoon @loganhyde @blkpnts ..... #bluesfest

@imnotwaiting: If its going to be hot and dusty in Ottawa.... Then, I am bringing the cowboy Boot Back!!! #Ottawa

@AnatCohn: it's so #hot out, i'm schvitzing like a pudding pop at a picnic #ottcity says we are at a level 2 drought!

@karocena: That sucky moment when it's free Slurpee day and there's no 7-11's in the city. #ottawaproblems

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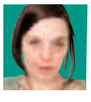
Ottawa freelance artist Ronn Sutton in his south-end studio. JEN TRAPLIN/FOR METRO

Drawn to comics, illustrator charts career his parents thought sketchy

Ronn Sutton. Freelance artist turned his childhood dream into 20-year career



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Most comic book stories start the moment the super hero gets powers — a bolt of lightning, a radioactive spider bite. Ottawa illustrator Ronn Sutton remembers exactly when he decided to get into the business, his own kind of bite.

"I got turned onto comics when I was a kid. I was buying comics voraciously, buying everything I could get my hands on," says Sutton. "When I discovered Flash Gordon #1, which was drawn by Al Williamson, it sort of changed my life and I think that was the moment I decided I wanted to draw comic books."

But convincing his parents he wanted to make a living drawing comic books was no easy task.

"It was a pretty unpopular thought," Sutton admits.

The Dark Ages

"There had been this big North American movement to ban comic books, there were comic book burnings and everything else."

Ronn Sutton, on the anti-comic book atmosphere he grew up in.

"First of all, it was the late '60s, early '70s that I was getting into all this stuff and just 10 or 15 years before, there had been this big North American movement to ban comic books, there were comic book burnings and everything else."

Undeterred, Sutton moved to New York City when he was 19 to study under his favourite artist, Bernie Wrightson, the co-creator of DC Comic's Swamp Thing, and American artist Jeffrey Jones.

"They were two of my idols," he says.

After spending time in The Big Apple, Sutton moved back to Canada, where he's been working on a number of high profile projects over the years.

He is perhaps best known for his drawings of Elvira, Mistress of the Dark, which he drew for nine years, and his recent work on the Honey West comics.

Sutton is working now on a series called The Loxleys and the War of 1812.

Drawing each panel of a comic book is painstaking work but Sutton says paying close attention to detail is what makes a comic book make sense.

"If two characters are talking and, all of a sudden, one of them picks up a knife and stabs the other one, you don't want to do it like that. You want to start showing that the knife is in the room, panels before, so the reader can see something is coming up so things aren't happening out of nowhere," he explains.

"It's much more than just plain illustration; it's literally storytelling. Each picture you're drawing has to relate to the next picture and you are really trying to set things up."

Online

- To check out some of Ronn Sutton's artwork, visit ronnsutton.com.

2 SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips.
THE ASSOCIATED PRESS

On the web

Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

L.A.'s Outfest hits the big 3-0

Film festival. Plenty of galas, parties and films planned to mark milestone anniversary — here's a peek at what's in store

NED EHRBAR
Metro World News in Hollywood

Outfest, the premiere Gay & Lesbian film festival in Los Angeles, hits a milestone this year, celebrating its 30th birthday. The big 3-0 means more galas and parties, more films and much more celebrating. The festival kicks off with a gala screening of Vito, a poignant documentary about activist and the Celluloid Closet author Vito Russo, and the honoring of director John Waters with the festival's Achievement Award. Outfest runs July 12 through July 22 at various locations in Los Angeles. Here are some of the highlights.

Struck by Lightning
Glee star Chris Colfer gets the overachiever award for serving as star, screenwriter and executive producer of this darkly comic take on being an outcast in high school. The Golden-Globe-winning wunderkind will be on hand for the festival's Closing Night Gala presentation of the film.

Young & Wild
This frank and fearless look at young lust comes direct from Chile, following a sex-obsessed teenager (Alicia Rodriguez) as she defies her evangelical family and blogs about her exploits, has already garnered rave reviews and awards from its premiere earlier this year at Sundance.

Thure Lindhardt JEAN-CHRISTOPHE HUSSON

Keep the Lights On
Writer-director Ira Sachs' starkly beautiful indie picked up the Teddy Award for Best Feature at this year's Berlin Film Festival for its depiction of modern love and addiction in New York between two men over nearly a decade.

Happy Endings
While not actually a film, this one's worth lining up for: Outfest will play host to the premiere of an unaired episode of ABC's hit comedy Happy Endings, with a cast and creative team Q&A session immediately following.

Q&A

Hansen's fest views and history

Director Jim Hansen and performer Drew Droege have created on online sensation with the series Chloe, lovingly lampooning indie film star Chloe Sevigny and pretension in general. Hansen is a long-time friend of the festival, so it only seemed natural for him to create some special, Outfest-specific Chloe clips, including a pre-screening warning about silencing cell phones — or "murdering" them, as Chloe says.

How long have you been involved with the festival?
This will be the fourth year that I've had something in the festival. Last year I had some Chloe videos and a short film called Video Night, and a short called Pretty Parts the year before that. It was just as Chloe was getting popular and Drew was awarded the emerging artist award.

With the mainstreaming of gay culture, is it still important to have festivals like this?
I definitely think that Outfest and festivals like it serve a special role. It is a place to see films that you may never otherwise get to see because they don't have a mass mainstream appeal. It also supports those filmmakers to explore those new areas. It gives credibility to these films that might otherwise be overlooked and disappear.

Now that Outfest is over 30, should it start lying about its age?
I think the grey hair and fine lines will look great on Outfest, so why lie?
NED EHRBAR

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Neon Trees singer gets used to 'the taste of fame'

New album. Much of Picture Show's material explores escapism themes and how being a celebrity can swallow you up

KILLIAN YOUNG
Metro World News in New York

Neon Trees exploded onto the music scene with Animal, the catchy dance rock track that earned them the 2011 Billboard Award for Top Alternative Song.

When asked if he expected this sudden surge in popularity, singer Tyler Glenn flatly says no.

"At the same time, I never think that we're bigger than we are," he said. "

I'm almost self-deprecating to a fault, and sometimes don't allow myself to realize how big we've gotten to some people."

Glenn says this struggle helped inform Neon Trees' latest, Picture Show, which came out in April.

Quoted

"I'm always pushing that mantra or motto that fame is dead."

Tyler Glenn, Neon Trees singer

He says the album deals with "experiencing the taste of fame and how it can really swallow you up if you want it to."

"All the songs that I was writing about for this record were about escape," he explains.

"I like the way I feel when I go to see a movie, seeing someone else's life for two hours."

For Neon Trees, they were able to capture the sounds of this escapism by working in Los Angeles.

"We created and recorded the record in Hollywood, and every day walking to the studio, I saw the Hollywood sign," Glenn says.

"It's interesting how it's changed for me. I used to fear it and hate it, and I think in the last couple of years, getting to know the city more ... it's really a magical city." Glenn credits his musical mentors for helping him strike the delicate balance of dealing with popularity.

He says he learned from singers of bands the Trees have opened for, notably 30 Second to Mars' Jared Leto, whom Glenn calls "an actual, passionate, real frontman."

Glenn's sense of identity is taking shape: "I'm always pushing that mantra or motto that fame is dead — the idea of fame shouldn't be an end goal, but it should be a byproduct of your success and your passion."

Chris Allen, left, Elaine Bradley, Tyler Glenn, and Branden Campbell of Neon Trees. CINDY ORD/GETTY IMAGES

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-Peter Travers, ROLLING STONE

"It's hard not to fall under the movie's spell and indulge in some picturesque escapism."
-Claudia Puig, USA TODAY

"Funny and silly and packed with crisscrossing story lines about love and desire played out by a terrific cast. Like a gracious host, Woody Allen sends us out of the theater with the sense that we've been to a really good party with people we'd like to see again and again."
-Karen Durbin, ELLE

"So assured and Allen's plotting so intricate it's hard not to marvel at it. I marveled."
-David Edelstein, NEW YORK MAGAZINE

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Last weekend, pop queen Katy Perry got the documentary treatment with the opening of Katy Perry: Part of Me. Although more suggestive than her Disney Channel counterparts (The Jonas Brothers, Miley Cyrus/Hannah Montana) or Justin Bieber, Perry joins the ranks of musicians popular with tweens and teens to be sanctified on the silver screen through a biopic/documentary. Earplugs in place, we take a look at these behind-the-scenes tales of a pop sensation's life on the road.

KILLIAN YOUNG
Metro World News in New York

Biopics fit for a tween

Hannah Montana & Miley Cyrus: Best of Both Worlds Concert Tour (2008)

Most ridiculous part: A father with two daughters wears a platinum Hannah Montana wig and says, "I didn't expect so much screaming." A 14-second screaming montage follows.

Song that's just as good or better than the original: Miley Cyrus (as herself) performs The Best of Both Worlds — the theme to her TV show — along with her alter ego, Hannah Montana, who is digitally rendered on a large screen. It's surprisingly moving.

Part where the artist seems most human: When Miley Cyrus is dropped during a stunt at one of the shows and voices her concern later in practice, the viewer realizes that at the start of her Best of Both Worlds Tour, Cyrus was only a 14-year-old girl on a 54-city tour of the U.S.

Justin Bieber: Never Say Never (2011)

Most ridiculous part: Bieber grew up playing drums, and in a home video (in which he wears his trademark backwards fitted hat), he throws down a sick beat.

Song that's just as good or better than the original: When he performs One Less Lonely Girl, Bieber's staff brings one girl from the crowd onstage. Once in front of the crowd, the Biebs serenades the girl while gently caressing her. At the end, he gives her a bouquet of flowers. Aww.

Part where the artist seems most human: Home footage seems to serve as the harbinger of Bieber's musical career — as a toddler he effortlessly lays down a beat on a conga drum and strums a guitar that is much too large for his tiny frame.

Katy Perry: Part of Me (2012)

Most ridiculous part: Katy Perry's older sister makes an appearance as Perry's nerdy alter ego, Kathy Beth Terry — complete with headgear and braces — from the video for Last Friday Night (T.G.I.F.).

Song that's just as good or better than the original: Katy Perry runs through numerous costume changes throughout a performance of Hot N Cold. This occurs on a colourful, Candy Land-esque stage that might give you a cavity just by looking at it.

Part where the artist seems most human: Perry struggles with the decision to perform or cancel a gig in front of her largest crowd in Brazil while in the midst of a breakdown due to her divorce.

New Dallas blurring right and wrong

Nuanced. Actor who plays adopted son on hit remake born in same year original premiered

Jesse Metcalfe as Christopher Ewing, left, and Josh Henderson as John Ross Ewing in a scene from Dallas. HANDOUT

If anyone knows camp and high drama, it's soap opera veteran Jesse Metcalfe.

But the hunky alum of over-the-top serials Desperate Housewives and Passions says the days of outrageous histrionics are behind us.

Now TV is ready for a more grounded take on sex, duplicity and dirty dealing, he says, noting that his latest nighttime serial Dallas plays the genre pretty straight.

"And I love that about our show. It's relatively grounded," Metcalfe says during a recent stop in Toronto to promote the return of the '80s smash. "Obviously, at times it's a bit of a heightened reality but it's a straight-forward family drama. And we like to think it's part of the resurgence of the nighttime drama away from all this reality television. A movement more towards scripted television."

The 33-year-old Metcalfe – who was born the year the original Dallas premiered – says the tongue-in-cheek camp that took hold over the last decade has run its course.

"I think that pendulum is definitely swinging back towards a more grounded, more serious tone. People certainly get enough of that in reality television so if you're looking for another option hopefully the new Dallas can fill that void," says Metcalfe, who plays adopted son Christopher Ewing alongside returning originals Patrick Duffy as the principled Bobby and Larry Hagman as the scheming JR.

Metcalfe, whose character continues to pine for his first love Elena (Jordana Brewster), says he likes that most of the characters here are not so black-and-white.

"There's a lot more grey area there, you know. The line between right and wrong, and good and evil is a little less defined," says Metcalfe, whose character is pushing the family business into green energy initiatives.

Metcalfe was born in 1978 — the year the original series premiered — and turned to old episodes of the series to get to know the work of his new co-stars, Duffy, Hagman and Linda Gray (who returns as a more polished, independent Sue Ellen).

Metcalfe says it was important to him to get a sense of tone, a flavour for what the show is really all about."

"In a lot of ways, it's the same show — the themes that were at the heart of the original series are very much the same themes running through the new series," he says. "It's about ambition, greed, loyalty and betrayal, it's about the interpersonal relationships in this dysfunctional family."

He notes that Dallas basically films on a working ranch filled with horses and cattle. It's also a favourite tour destination for hardcore followers of the original series who occasionally turn up while shooting takes place.

"A lot of times you'll be shooting a scene with an audience," says Metcalfe. "I'm hoping that the new series takes hold." THE CANADIAN PRESS

Intrigue

As dramatic, scandalous as ever

Just three weeks into its 10-episode summer run, word came that Dallas had notched enough of a following to warrant a second season.

So far, the Ewing clan has rolled out its fair share of drama: Christopher has just learned his new bride (Julie Gonzalo) and her brother are gold-diggers, greedy cousin John Ross (Josh Henderson) is trapped in a deal rapidly heading south, Bobby just learned JR has hoodwinked him out of protecting the future of Southfork, while Bobby's wife Ann (Brenda Strong) appears to be hiding a dark past of her own. Dallas airs Wednesdays on Bravo.

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Directing Walter White to destruction

Breaking Bad. Cranston returns to helm AMC's leading drama series in the fifth season of teacher turned drug kingpin

Bryan Cranston will sit in the director's chair one last time for his AMC drama Breaking Bad.

In an interview Tuesday, Cranston said he will direct the ninth episode of the show's fifth and final season, which begins July 15 and will air split over two summers.

That break in filming gives the actor time to put on his directing hat before the second half airs in 2013.

"As an actor on the show it's really, really difficult — if you're in it a lot obviously — to be able to prep so I take opportunities before we're actually in production shooting," he says.

Cranston, who won three back-to-back Emmys for Breaking Bad, also directed the first episodes of seasons one and three of the dark series about chemistry teacher Walter White, who turns to cooking meth to help support his family after he's diagnosed with terminal lung cancer.

The actor also directed an episode of ABC's Modern Family and seven of his former Fox comedy Malcolm in the Middle.

Cranston says in season five viewers will see an increasingly remorseless Walter White complete his journey from a hapless high school teacher to a full-fledged drug lord.

"He's feeling very basic things: control, power, dominance. Those things and those ugly factors have come to the surface."

THE ASSOCIATED PRESS

Bryan Cranston.
URSULA COYOTE/THE ASSOCIATED PRESS

Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to Us Weekly.

"They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The L.A. Times reports that Holmes used a disposable cell phone provided by a friend to plot her divorce escape.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could do or what its potential is, because I can't really get everywhere," the drummer tells Red Bulletin magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.

Twitter

@BetteMidler
Why does every girl in TopShop look exactly alike? What am I doing in TopShop?

@russellcrowe
did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups,prone hold 30 secs etc, only takes 6 or 7 minutes but it got me

@ElizabethBanks
My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" ◙#bestkidever◙ ◙#mademyday

@SethMacFarlane
Wanna just get away from it all. Which campground gets the best iPhone reception?

Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices and has a real eye for design. And I'll be honest: He has better taste than I do," she tells InStyle.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."

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Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Gucci CONTRIBUTED

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghastly? No, captivating. Similarly red, the most evocative of colours was used to great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.

Dolce & Gabbana CONTRIBUTED

Louis Vuitton CONTRIBUTED

Emporio Armani CONTRIBUTED

Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.

Acne / CONTRIBUTED

Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

3 LIFE

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself.

THE ASSOCIATED PRESS

On the Web

Cowboy hats on royal heads bring Calgary company booming business

Some like it hat

Stay cool in the summer sun with one of these hot hats

RICHARD PECKETT
style@metro.lu

1

Stylist Caroline Sieber

...works the hat at the Paris haute couture shows.

2

Anna Sui turban hat

Anna Sui turban hat, $160, net-a-porter.com

3

J. Crew two-tone straw hat

$38, jcrew.com

4

Eugenia Bianca Vintage Fedora

$275, shopbop.com

Pop goes the fashion industry

Artista Yayoi Kusama waves to fans in front of the windows of Vuitton's flagship store. KATHY WILLENS/THE ASSOCIATED PRESS

Designer duo. Louis Vuitton and Yayoi Kusama collaborate on pop-art collection

French fashion house Louis Vuitton is again putting a bit of Japanese culture on the arms of its customers.

The brand, best known for leather goods, formally unveiled a new collection on Tuesday created in collaboration between Yayoi Kusama and Louis Vuitton creative director Marc Jacobs. The theme is bold, graphic polka-dots — a signature of the artist — offered in a frenzied series of sizes and colours.

Jacobs and Kusama started with inspiration of "obsession and seriality," according to a company statement.

The dots cover shoes, handbags, shirts, skirts and sunglasses, among other items.

Jacobs met Kusama in 2006. He is an avid art collector and was a fan of Kusama's sculptures and paintings. "The obsessive character and the innocence of her artwork touch me," Jacobs said.

In honour of the new products, Louis Vuitton created a splashy display for the brand's flagship Manhattan store on Fifth Avenue that pays homage to three Kusama motifs: Beginning of the Universe, Eternal Blooming Flowers in My Mind and Self-Obliteration. The building facade is wrapped in a pattern of dots.

The timing of the product launch and building installation coincides with the Whitney Museum of American Art's new exhibition of Kusama's work.

A decade ago, Jacobs and Louis Vuitton had great success collaborating with Japanese designer Takashi Murakami on a series of pop-art products that became instant must-haves among the fashion crowd and spawned a seemingly infinite number of mass-market items covered in similar-style rainbow-coloured monograms and logos. THE ASSOCIATED PRESS

Twitter

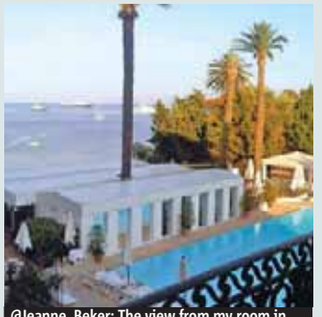
JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: This tutu puts me in the mood to shop @thehudsonsbayco. Designed by Svetlana Lavrentieva

@Jeanne_Beker: Drooling over the dresses at Pretty You, chic-est shop in Monaco!

@Jeanne_Beker: Dig these jewel encrusted UGGs, at Pretty You in Monaco... Ready for the cottage!



@Jeanne_Beker: The view from my room in Beaulieu sur Mer. Bliss!

The Kit

Canadian street style

Spotted in: Halifax

Meghan Tansey Whitton

Photographer, Street Style Blogger at Fashion East

Age: 32

What she's wearing:
Cheap Monday jeans, La Senza lace top, vintage shirt, purse and combat boots

Her inspiration:
"Eclectic, and there's always some androgynous element. I like to mix femininity and androgyny."

THE KIT PHOTOBLOGGER: CELIA MOASE, CELIAS-PHOTOGRAPHY.COM

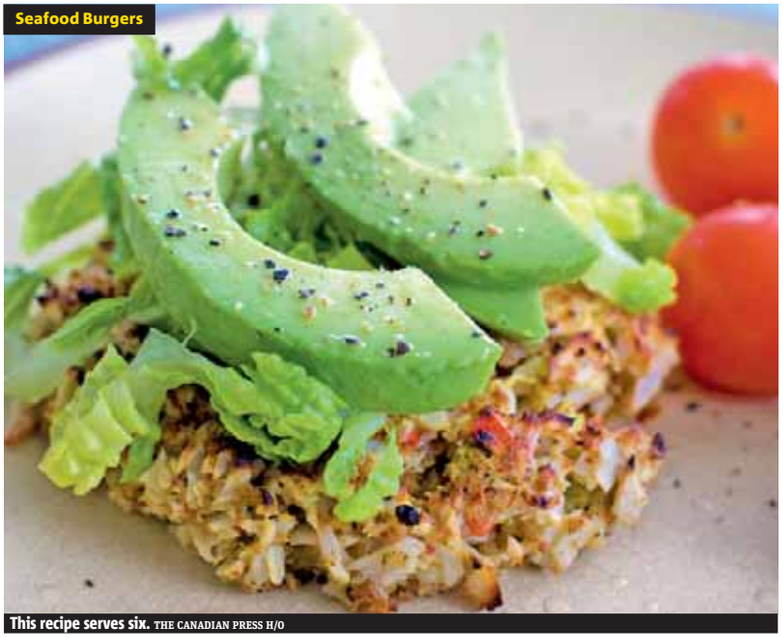
THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

Tuna, salmon and crabmeat combine to make diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book The Kitchen Diva's Diabetic Cookbook. "Imitation crabmeat, canned tuna, or salmon all make delicious seafood burgers, and are a healthy source of omega-3 fatty acids. Try a combination of all three for a tasty treat."

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced



Seafood Burgers

This recipe serves six. THE CANADIAN PRESS H/O

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), egg, bread crumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into 6 patties.

2. Refrigerate for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

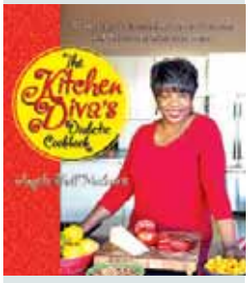
4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' THE KITCHEN DIVA'S DIABETIC COOKBOOK, ANDREWS MCMEEL, 2012

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book The Kitchen Diva's Diabetic Cookbook.

Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more.

You'll find recipes featured on The Dr. Oz Show such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met.

METRO

Sweet & Savoury. Spinach & Savoy Cabbage Slaw

To roast the beets in this recipe, wrap them together in foil and bake at 425 F (220 C) for 1 hour or until tender when tested with the tip of a knife.

If you're running low on time, you can also use store-bought pickled beets, which will work just as well as the roasted variety.

Ingredients

- 4 tbsp (60 ml) seasoned rice wine vinegar
- 2 tbsp (30 ml) sesame oil
- 2 tsp (10 ml) soy sauce
- 1 tsp (5 ml) hot pepper jelly, melted
- 1 tsp (5 ml) ginger, finely minced
- 1 tsp (5 ml) garlic, minced
- 4 cups (1 l) savoy cabbage, cored and shredded
- 3 cups (750 ml) baby spinach
- 4 green onions, finely sliced
- 2 tbsp (30 ml) toasted sesame seeds
- 4 medium roasted beets
- 2 tbsp (30 ml) crumbled blue cheese

1. Whisk together seasoned rice vinegar vinegar, sesame oil, soy sauce, hot pepper jelly, minced ginger and garlic. Toss with shredded savoy cabbage, spinach, green onions and sesame seeds.

2. Cut the roasted beets into wedges and gently toss with the salad. Sprinkle salad with blue cheese and serve immediately.

NEWS CANADA

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SPECIAL INFORMATION FEATURE

Grape escape

Down Under. Uncorking a bottle of Australian wine can make you feel like you are really there

DEBBIE TRENHOLM
For Metro

Have you ever dreamed about packing your bags and getting away from it all to head Down Under to Australia?

The Sydney Opera House, Ayres Rock, Great Barrier Reef, kangaroos and koala bears. These are all icons imbedded in our heads about this faraway place. Rather than a 20-plus-hour flight and crossing the international date line, uncorking a bottle of Australian wine can take us there quickly.

For a taste of Australia, try these wines:

T Series Sauvignon Blanc Semillon 2011 (LCBO #19471, $17.95)
A unique white wine, with 93 per cent Sauvignon Blanc and seven per cent Semillon grapes, this refreshing blend reminds me of a tropical fruit salad — mango, guava, passion fruit — with a refreshing squeeze of white grapefruit. Chill and sip on its own, enjoy it with grilled seafood, or pack it for a picnic.

Hickinbotham Shiraz/ Cabernet 2009 (LCBO #159632, $16.95)
This red wine is very, very deep purple in colour and as smooth as velvet. With one sip you may melt with the rich tastes of dark chocolate, black fruit and medium-firm tannins. Where's my steak, mate?

Visit the Ottawa Rowing Club July 31 for a wine tasting that will feature Australian selections. Or join sommelier Debbie Trenholm for a trip Down Under in March 2013. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Sip and Savour Aussie wines with Debbie Trenholm
Leave your luggage at home and join Debbie Trenholm July 31 for a fun sommelier-led wine tasting at the Ottawa Rowing Club.

As the sun sets on the water there will be shrimps on the barbie along with hors d'oeuvres and artisan cheeses paired with an array of Australian wines.

For more information, or to buy tickets online, go to savvycompany.ca.

Or grab your passport and hop aboard a flight.

If your bags are already packed, plan a Taste Your Way Around Australia trip that Debbie Trenholm will be co-hosting in March 2013, organized by Aussie Travel. It will be a 23-day extravaganza of delicious Australian cuisine, winery tours, dinners with chefs, boutique hotels, and unique cultural excursions.

Heading Down Under is definitely a fantastic trip. Warning: You may not come back.

A map of where you will stop on a Taste Your Way Around Australia trip in March 2013. CONTRIBUTED

Aussie wine facts

- Australia's first vineyards were planted in 1788 in a small area near the Sydney Harbour Bridge.
- There are now 64 designated wine regions in Australia.
- Australia is the fourth largest exporter of wine in the world.
- Canada ranks as Australia's third largest market (behind the U.S. and U.K.).

Cheese. A Gouda summer snack

CURD ON THE STREET
Vanessa Simmons
For Metro

Thank Gouda for summer! My cheese pick this week is a sizzler and the newest artisan addition to our local Ottawa cheese scene, guaranteed to satisfy on even the most sweltering of days.

Farming is a family affair for Paul, Grace, Ryan, Kristine and Ben Mussell, with more than 100 years of history spanning five generations. Fresh farmstead milk produced by more than 300 goats lovingly cared for at Clarmell Farms is combined with the talent and industry know-how of Glengarry Fine Cheese's team of expert cheesemakers, creating a new twist on this cheese classic. Small wheels are perfect for summer entertaining — afternoon picnics, cottage weekends or impromptu barbecues (think grilled pizza).

Firm and moist when young, Clarmell's Goat Gouda has an ivory white paste protected by hunter green wax. Even with a bit of age (a few extra months), the paste remains almost opaque with a chalky texture and small pinholes (eyes).

Pleasant aromas mingle with a light meaty/savoury flavour, clean finish and a bit of zing. You can taste the difference quality milk makes, bite after bite.

Look for it at The Red Apron, Herb & Spice, Life of Pie, and Landsdowne, Kanata, Manotick and ByWard (with Beking Eggs) farmers' markets this season.

Goat Gouda from Clarmell Farms. VANESSA SIMMONS/FOR METRO

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ottawafarmersmarket.ca @OttawaFarmMkt

Interiors that truly blossom

Decor. The floral trend is budding. We chat to an expert about how to prune the look to perfection

RICHARD PECKETT
life@metronews.ca

Bedding down under blossom. APRIL HAMILTON ARCHITECTURAL & INTERIOR DESIGNERS

Living amongst the flowers is seeing a resurgence. No, this isn't a hippy revolution but it is in fact the return of the floral trend.

The reputation of florals as a viable interior décor has been sullied over the years for being too twee and frankly something that's best left in the rose bed. That said, the look has bloomed recently with modern styles available in abundance.

However, to avoid being overawed by the trend, interior designer Rosemary Ridgway offers some timely advice.

Avoid a festoon of florals

Ridgway says, "Using them as accents rather than emblazoning florals across sofas is rather dated. In two years you would look back and think what did I do that for?"

To avoid living in a flower garden, the alternatives include accessories such as cushions or faux/real flowers because let's be honest, nothing beats the genuine article.

Growing up the wall

"Living in a completely floral room would give you a headache — you'd probably need a pair of sunglasses," jokes the designer.

Ridgway continues, "It's never been a great love of mine but I would possibly do a feature wall. Blossom and tendrils in an entrance hall can look particularly dramatic."

Incidentally, the expert explains that designers first used feature walls when they lacked a substantial enough budget to paper all the walls.

Be bold

The spring/summer '12 women's runways were teaming with graphic florals and interior styles have followed suit.

"But of course, the fashion and interior industry are very much harnessed together — I see myself wearing and accessorizing homes in a similar aesthetic," explains Ridgway.

Now's the time to be brave with colour and as the designer states, "I'm working with bolder blossoms and oversized prints and sometimes clients can be a little overwhelmed at first but in my opinion the bolder the better."

Florals aren't just for girls

"Monochromatic colour schemes can work. I've worked with acanthus leaves and Rococo scrolls which are both quite soft but they're still quite masculine elements," says the founder of April Hamilton architectural and interior designers.

This may be a little Grecian for most men's tastes but there's an alternative. You could add topiary or woodland prints in sepia or black for a modern take.

OK, it's not strictly floral but it can work well as an architectural feature in the bedroom.

Amongst the lilies. COLE & SON LILY

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22

Keep cool with haute home decor

Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

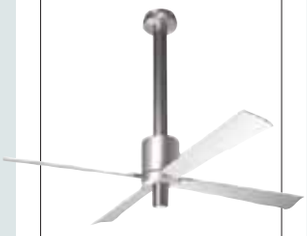
With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

Here are a few homeowner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.

Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, $500, Delonghi.ca



Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. $480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multifier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.

Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, $400, DysonCanada.ca

Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at $250, Hunter-Douglas.ca

Ironing

In order to iron successfully, you need a combination of heat and humidity. ISTOCK IMAGES

Beat linen woes with this combo

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best way to do this as easily and effortlessly as possible?

Whether you should iron your linen is a personal fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear.

Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.

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A whirligig by Vollis Simpson along the entrance to Fearrington Village near Pittsboro, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Whimsical, wind-powered whirlygigs an engineering feat

Folk art. Vision of one man brings outsider art into the public eye

The eccentric vision of a self-taught North Carolina artist famed for his whirligigs is getting an overhaul that's as much about engineering as it is about art.

Just as more traditional conservators might study an artist's canvas and paints, a 16-member team is restoring about 30 whirligigs — wind-driven creations constructed from motor fans, cotton spindles and other recycled parts — that stand as high as 50 feet.

Vollis Simpson built the contraptions over the years. But at 93, his knees no longer allow him to maintain his creations.

With the help of approximately $2 million in grants and donations, a few organizations in nearby Wilson are building the Vollis Simpson Whirligig Park. It's scheduled to open in November 2013. Between now and then, the team is sprucing up whirligigs that have spent decades in the elements, including more than a few hurricanes.

"He made them to last his lifetime, and they basically have," said Danny Price, a retired Bridgestone tire plant worker who's now the whirligig mechanical foreman. "So our next step is to make them last generations."

The whirligigs — some weighing as much as 3 tons with hundreds of moving parts — are folk art or outsider art, works created by someone without a formal background in art.

The whirligigs have captured attention across the U.S.. Buyers include a shopping centre in Albuquerque, the American Visionary Art Museum in Baltimore and the American Folk Art Museum in New York City. THE ASSOCIATED PRESS

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Steps to stop that blackspot

If it's your rose bush rather than your dog that you're calling "Spot," then it's time for action.

And getting rid of blackspot — the disease that's marring your roses — need not mean dowsing the plant with chemicals.

First get to know the enemy: Diplocarpan rosae, a fungus feared by rosarians almost everywhere. Those black spots, if you look closely, have fringed edges and black pimples at their centre to distinguish them from other possible leaf-spotting diseases. Infected leaves soon yellow, then drop, meaning less energy for the bush which, in turn, means fewer flowers and sometimes the death of the plant.

Over the almost 200 years that the disease has been known, its causal fungus has paraded under about 25 different scientific names. Still, its lifecycle is simple.

A year in the life of blackspot disease

Blackspot disease spent the winter mostly in infected leaves that fell to the ground. Spring warmth and rain awakened the fungus to shoot spores up into the rose bush and infect young, unfolding leaves.

Moisture was needed to get those spores moving, and then the leaves had to stay moist for a few hours before infection could set in.

Once spores get up into the bush in spring, infection can continue through the summer as spores hopscotch from leaf to leaf. Spores are released and get footholds only when moisture is present for enough time.

Controlling blackspot on rose bushes doesn't require harsh chemicals. ISTOCK IMAGES

Joe Justice paints a piece of a Vollis Simpson whirligig at a warehouse where renovations are taking place in Wilson, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Vollis Simpson

'Just an old country boy'

About 20 miles away from the warehouse where the team mulls over Simpson's work, Simpson himself sits in a rickety chair, surrounded by scrap metal and smaller whirligigs, suitable for family yards and tabletops.

Several of his larger whirligigs still stand there; a few will remain after the park is built, including one that will stay as a gift to the community.

Simpson is conflicted about the park — he knows he can no longer care for the whirligigs but he's lonesome without them.

"Well, I kind of hate to see them go," he said. "I've looked at them for 50 or 60 years."

He says he's excited about the park, but is concerned about the opening date that's more than a year away. "I just hope I live to see it."

To the people restoring the whirligigs, Simpson is both artist and engineer. But Simpson says he doesn't consider himself an artist.

"But everybody says I am," he said. "I'm just an old country boy."

Whirligigs by Vollis Simpson. GERRY BROOME/THE ASSOCIATED PRESS

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Prevention is the first step

Blackspot needs moisture to take hold, so one way to control it is to plant rose bushes where they will dry off quickly from dew and rain — in full sunlight (which roses need for best flowering anyway), and away from walls or dense shrubs where air can stagnate.

This also means pruning away enough stems that remaining ones can bathe in drying light and air. And wet the ground, not the leaves, when watering and avoid working among the bushes when they are wet.

Gathering up and composting the leaves the bush drops in autumn can lessen the amount of disease inoculum the following spring. Even better is to mulch the ground sometime between late autumn and late winter, each year leaving old mulch in place as you pile on new. Besides mulch's usual benefits, in this case it also acts as a barrier to keep that first batch of spores from the leaves.

Plan before planting

Roses vary in susceptibility to blackspot, and the easiest way to deal with it is to grow a plant that won't get diseased in the first place.

Among hybrid teas there are varieties that resist blackspot, such as Tropicana, Mister Lincoln, Pink Peace, Carefree Beauty and Keepsake. Some grandiflora and floribunda types that resist blackspot include Queen Elizabeth, Sonia, Betty Prior and Bonica.

Don't put too much stock in blackspot resistance, though, because there are a number of races of the blackspot fungus, so a variety may be resistant in one locale but not in another.

More reliable resistance is found among so-called species and shrub roses. Blackspot usually doesn't cause problems with Father Hugo's Rose, rugosa roses, and some of the newer varieties of shrub and landscape roses.

Spray as a last resort

If you already have roses in the ground and don't want to replace them, they have a relatively good site, and you prune and mulch them, you could still be calling your rose bush Spot.

Even then, before you reach for some highly toxic pesticide, try a more benign alternative: baking soda, that universal cure for everything from dirty dishpans to smelly refrigerators.

Mix a tablespoon and a half, along with either a few drops of dish detergent or two tablespoons of summer oil (also called horticultural oil) per gallon of water and spray weekly. For some gardeners, this spray makes Spot a dog's name again.

THE ASSOCIATED PRESS

Hot decor for summer shindigs

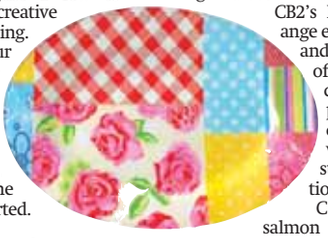
Starfish bowls, $10.50 each. POTTERYBARN.CA

Luau Melamine Plates, set of 4, $31.45 - $39.48. POTTERYBARN.CA

Cocktail parties.
From South Beach serveware to rustic-rock centrepieces, there's tons goods to make your soirée a success

Ah, summer. There's something about these warm, languid days that makes many of us want to throw together a little gathering.

Picking a cocktail party theme makes planning the menu and decor more fun. Here are just a few to get your creative wheels turning. Invite your favourite people, add some fairy lights and lanterns, and get the party started.



'60s South Beach

Showtime's new Magic City TV series, set in mid-century Miami, is inspiration for party decor and music with a retro vibe, served with Cuban-influenced canapes.

At Pottery Barn, you'll find a collection of melamine plates, serveware and coordinating linens in muted vintage tropical prints.

Palm-leaf-patterned ceramic serveware in deep blues and olive greens are part of Cindy Crawford Style's Eden collection at JC Penney.

And even if you're landbound, craft stores offer shells, coral and starfish you can add to baskets and trays filled with store-bought play sand to create table decor. Or place one dramatic tropical flower or frond in a tall slim vase.

Serve appetizers with Latin flair, such as Cuban shrimp skewers, mini empanadas and spicy popcorn. Play the Rat Pack music that was popular in the era at Miami's big hotels — Frank Sinatra, Ella Fitzgerald, Sammy Davis Jr.

Cocktails in Cortona

You may not be under the Tuscan sun this summer, but you can still set a similar scene for your guests.

Fill a large glass vase with water, lemons and sunflowers. Or take a cue from London-based stylist Sania Pell and fill clear vessels with untrimmed vegetables such as radishes, celery and carrots for a rustic look.

Pottery Barn has melamine versions of the iconic Talavera pottery, while Williams-Sonoma has unbreakable dishware in Mediterranean patterns.

Small bites are the way to go with any cocktail party; they're easy for guests to handle, and your food trays will be easier to refresh. For this one, consider tiny tomato tarts, a sampler of Italian ices, and shot glasses filled with cold soups like cucumber dill or tomato basil.

Tokyo terrace

A city balcony is the perfect place for a chic, Asian-inspired cocktail party. Set up the Zen zone with baby conifer pots or moss nestled into interesting dishes. Wrap votives in origami paper.

Branchhome.com has Wasara's elegant bamboo and sugarcane-fiber disposable tableware that's great looking and eco-friendly.

CB2's Format orange enamel tray and an array of colourful clothes-pin-style chopsticks would be stylish options.

Crabcakes, salmon satays and melon ball lollipops, along with bowls of Japanese crackers and wasabi nuts, will satisfy snacking guests.

Cabin fever

Bring the woodsy cabin vibe home to the city or suburbia with a few playful accessories and a comfort food menu. A few inexpensive bandanas, a plaid blanket or an old quilt make colourful table coverings.

Homegoods has a canoe-shaped condiment server complete with "paddle" spoons. You'll find patchwork-patterned acrylic plates here too, as well as co-ordinating drink pitchers and utensils. Set out mini sliders, roasted vegetable skewers and paper cups filled with seasoned fries.

THE ASSOCIATED PRESS

Patchwork acrylic plate (above), $7.99, and metal cutout lanterns, $12.99 - $24.99, both from HomeGoods.com

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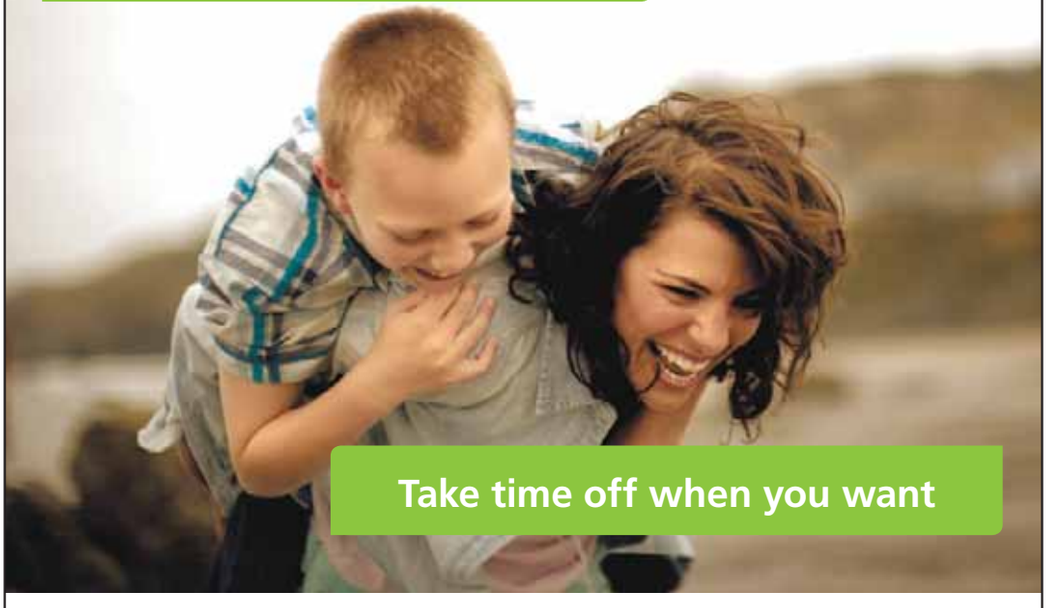

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NHL

Vlasic strikes deal to remain a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.
THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the tenth stage of the Tour de France as the race entered the Alps on Wednesday, while UK's Bradley Wiggins retained the overall lead. THE ASSOCIATED PRESS

Thomas Voeckler crosses the finish line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.
THE ASSOCIATED PRESS

NBA

"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make $3 million this season after officially signing a contract with the Miami Heat on Wednesday.

Intrigue just beginning as baseball enters second half

MLB. Trade talk, injuries and the Pirates are talk of the league after all-star break

The Giants' Melky Cabrera hoists his MVP trophy after the National League's 8-0 win in Tuesday night's all-star game. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

There was a public outcry when R.A. Dickey did not start the all-star game, a journeyman for the Chicago White Sox threw a perfect game and the Pittsburgh Pirates of all teams were in first place as the first half of the baseball season drew to a close.

What's next, post-season baseball in Washington D.C.? It sure looks that way.

An eventful and unexpected first half that included Dickey knuckling his way to stardom with the Mets and Phil Humber's out-of-nowhere perfecto for the White Sox is only expected to get more intriguing as the season rounds second and heads for third.

The non-waiver trade deadline is looming at the end of the month, and the Baltimore Orioles and White Sox got ahead of the curve by acquiring Jim Thome and Kevin Youkilis, respectively, to bolster their offences. Milwaukee's Zack Greinke, Philadelphia's Cole Hamels and Arizona's Justin Upton could be headed elsewhere as the contenders and pretenders separate themselves.

"There's several teams involved in races right now," said Detroit manager Jim Leyland, whose Tigers joined the Phillies and Red Sox on the list of big-spending underachievers in the first half of the season. "There's probably going to be a lot of teams that would like to go out and get somebody. But the more teams that want to get something, the tougher it is to get it."

Quoted

"We're playing for a city, the goal being to re-bond the city with its ball club."

Pittsburgh manager Clinter Hurdle on his 48-37 Pirates

And there's even more motivation for deals to be made in the first year of baseball's expanded post-season. The Fall Classic will be a little wilder this time around. A new format kicks in this year that adds an extra wild-card team to each league. That means 10 teams will have a chance to get in and go for it all.

The Orioles, who trail the Yankees by seven games in the AL East, haven't been to the post-season since 1997, the Pirates haven't been there since 1992 and Washington hasn't hosted a playoff baseball game since 1933, when Mel Ott homered in Game 5 of the World Series to help the New York Giants beat the Senators for the championship.

It's a new day, and if Bryce Harper and the Nationals or Andrew McCutchen and the Pirates somehow buck the odds and make it to the Series, they'll be hosting the party after the National League beat the AL 8-0 on Tuesday night.

With so much on the line from here on out, the all-star game in Kansas City could be one of the last nights of baseball without any juice for quite a while. THE ASSOCIATED PRESS

NBA. Nash still surprised to be joining Lakers

Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back.

"Being here right now is something I never foresaw," Nash said Wednesday. "That (jersey) was a major hurdle for me just to get over visually as a player."

The two-time MVP will get used to it. After spending the past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.

Steve Nash in El Segundo, Calif., on Wednesday. THE ASSOCIATED PRESS

The Lakers welcomed Nash on Wednesday, a week after reaching a deal to get the superstar point guard from the Suns.
THE ASSOCIATED PRESS

Hockey

Lamoriello on way to U.S. hall of fame

Lou Lamoriello, New Jersey's longtime general manager, who has led the Devils to three Stanley Cup titles and five Eastern Conference crowns, was named Wednesday to this year's induction class of the U.S. Hockey Hall of Fame.

Former players Mike Modano, who won a Stanley Cup with the Dallas Stars, and Eddie Olczyk, who won one with the New York Rangers, are also a part of the class that will be enshrined in the fall.
THE ASSOCIATED PRESS

NHL. Winter Classic adds second alumni game with more Original Six legends

Next season's Winter Classic between the Detroit Red Wings and Toronto Maple Leafs will include two alumni games and around 100 players from the storied franchises.

Representatives from both teams announced preliminary rosters at a news conference Wednesday at Comerica Park, where the alumni games are scheduled to take place Dec. 31. The 2012-13 editions of the Red Wings and Maple Leafs will play the Winter Classic on Jan. 1 at Michigan Stadium in Ann Arbor. THE ASSOCIATED PRESS

Quoted

"It's a great idea to have the second one to open up the option to have more guys to be a part of it."

Former Maple Leafs captain Wendel Clark.

4 SPORTS

Cycling

Armstrong given time to contest doping charges

The U.S. Anti-Doping Agency on Wednesday granted Lance Armstrong an extension of up to 30 days to contest drug charges while the seven-time Tour de France winner challenges the case in federal court. The move erases the Saturday deadline for Armstrong to either send the case to arbitration or accept sanctions from USADA, which would likely include a lifetime ban from cycling and other sports along with stripping the Tour titles he won from 1999-2005.
THE ASSOCIATED PRESS

Mobile sports

With fastballs, sliders, curves, slurves, two-seamers, four-seamers, cutters, palmballs, splitters, forkballs, knuckleballs and even the infamous gyroball, you might think this is a golden age of pitching. But are there that many more today? Or did we just figure it out with scouting and technology? Scan the code for the story.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Tuesday's result
National League 8, American League 0
Fridays games
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Detroit at Baltimore, 7:05 p.m.
Cleveland at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 8:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at Seattle, 10:10 p.m.
Saturday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 7:10 p.m.
Chicago White Sox at Kansas City, 7:10 p.m.
Texas at Seattle, 9:10 p.m.
Sunday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 1:35 p.m.
Boston at Tampa Bay, 1:40 p.m.
Oakland at Minnesota, 2:10 p.m.
Chicago White Sox at Kansas City, 2:10 p.m.
Texas at Seattle, 4:10 p.m.

ALL-STAR GAME RESULTS

2012 — National, 8-0
2011 — National, 5-1
2010 — National, 3-1
2009 — American, 4-3
2008 — American, 4-3 (15 innings)
2007 — American, 5-4
2006 — American, 3-2

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Tuesday's result
National League 8, American League 0
Friday's games
Arizona at Chicago Cubs, 2:20 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
N.Y. Mets at Atlanta, 7:35 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Philadelphia at Colorado, 8:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.
Houston at San Francisco, 10:15 p.m.
Saturday's games
N.Y. Mets at Atlanta, 4:05 p.m.
Arizona at Chicago Cubs, 4:05 p.m.
Philadelphia at Colorado, 4:05 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
Pittsburgh at Milwaukee, 7:10 p.m.
Houston at San Francisco, 9:05 p.m.
San Diego at L.A. Dodgers, 9:10 p.m.
Sunday's games
Washington at Miami, 1:10 p.m.
N.Y. Mets at Atlanta, 1:35 p.m.
Pittsburgh at Milwaukee, 2:10 p.m.
Arizona at Chicago Cubs, 2:20 p.m.
Philadelphia at Colorado, 3:10 p.m.
Houston at San Francisco, 4:05 p.m.
San Diego at L.A. Dodgers, 4:10 p.m.
St. Louis at Cincinnati, 8:05 p.m.

ALL-STAR GAME MVPS

2012 — Melky Cabrera, San Francisco, NL
2011 — Prince Fielder, Milwaukee, NL
2010 — Brian McCann, Atlanta, NL
2009 — Carl Crawford, Tampa Bay, AL
2008 — J.D. Drew, Boston, AL
2007 — Ichiro Suzuki, Seattle, AL
2006 — Michael Young, Texas, AL

LATE TUESDAY

NL ALL-STARS 8, AL ALL-STARS 0

NL	ab	r	h	bi	AL	ab	r	h	bi
CGnzlz dh	2	0	0	0	Jeter ss	2	0	1	0
Hollidy ph-dh	1	1	1	1	ACarer ph-ss	1	0	0	0
CJones ph-dh	1	0	1	0	Cano 2b	2	0	1	0
Bourn ph-dh	1	0	0	0	Kinsler ph-2b	2	0	0	0
MeCarr cf	3	2	2	2	Hamltn lf	2	0	0	0
AMcCt cf	2	0	1	0	Trout lf	1	0	1	0
Braun lf	3	1	2	1	Bautist rf	1	0	0	0
Bruce rf	2	0	0	0	Trumo rf	2	0	0	0
Votto 1b	3	0	0	0	Fielder 1b	2	0	0	0
Freese 1b	1	0	0	0	Konerk 1b	0	0	0	0
LaHair 1b	1	0	0	0	Mauer 1b	1	0	1	0
Beltran rf	1	1	0	0	Beltre 3b	2	0	0	0
Harper ph-lf	1	0	0	0	MiCarr 3b	1	0	0	0
Posey c	2	1	0	0	Andrus 3b	1	0	0	0
Ruiz c	1	0	0	0	Ortiz dh	2	0	1	0
Sandovl 3b	2	1	1	3	Butler ph-dh	2	0	0	0
DWrght 3b	2	0	0	0	Napoli c	2	0	1	0
Uggla 2b	3	0	1	1	Wieters c	2	0	0	0
Altuve 2b	1	0	0	0	Grndrs cf	2	0	0	0
Furcal ss	3	1	1	0	AdJons cf	1	0	0	0
SCastro ph-ss	1	0	0	0					
Totals	**37**	**8**	**10**	**8**	**Totals**	**31**	**0**	**6**	**0**
NL					**500**	**300**	**000**	**8**	
AL					**000**	**000**	**000**	**0**	

DP—NL 2. LOB—NL 5, AL 8. 2B—Braun. 3B—Braun, Sandoval, Furcal. HR—Me.Cabrera. SB—Trout.

NL	IP	H	R	ER	BB	SO
M.Cain W	2	1	0	0	0	1
G.Gonzalez	1	0	0	0	0	1
Strasburg	1	1	0	0	1	0
Kershaw	1	2	0	0	1	0
Dickey	1	1	0	0	0	1
Hamels	1	0	0	0	0	0
Kimbrel	2-3	0	0	0	0	2
Chapman	1-3	0	0	0	1	1
Miley	1-3	1	0	0	0	0
Hanrahan	1-3	0	0	0	0	1
Papelbon	1-3	0	0	0	0	0
AL						
Verlander L	1	4	5	5	2	2
Nathan	1	0	0	0	0	0
Price	1	0	0	0	0	0
M.Harrison	1	4	3	3	0	0
Weaver	1	0	0	0	1	0
Sale	1	2	0	0	0	1
R.Cook	1	0	0	0	0	2
Ji.Johnson	1	0	0	0	0	1
Rodney	1	0	0	0	0	0

HBP—by Dickey (Konerko). WP—Hanrahan.
Umpires—Home, Gerry Davis; First, Jim Joyce; Second, Brian Runge; Third, Tony Randazzo; Right, Brian Knight; Left, Lance Barksdale.
T—2:59. A—40,933 (37,903).

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday's games
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.

TENNIS

ATP

WORLD TOUR CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

Wednesday's results
At Newport, R.I.
Singles
Second Round
Dudi Sela, Israel, def. Sam Querrey, United States, 5-7, 7-6 (6), 6-2.
Rajeev Ram, United States, def. Michael Russell, United States, 7-6 (6), 6-3.
Izak Van der Merwe, South Africa, def. Jack Sock, United States, 6-4, 6-4.
Kei Nishikori (2), Japan, def. Olivier Rochus, Belgium, 6-7 (6), 6-4, 6-2.
John Isner (1), United States, def. Nicolas Mahut, France, 6-2, 7-6 (2).
Lleyton Hewitt, Australia, def. Tim Smyczek, United States, 6-4, 2-6, 6-1.
Doubles
First Round
Treat Conrad Huey, Philippines, and Dominic Inglot, Britain, def. Steve Johnson and Denis Kudla, United States, 6-4, 6-1.
Colin Fleming and Ross Hutchins (2), Britain, def. **Vasek Pospisil, Canada,** and Sam Querrey, United States, 7-6 (4), 7-5.
Kei Nishikori and Go Soeda, Japan, def. Carsten Ball, Australia, and **Adil Shamasdin, Canada,** 6-4, 2-6, 10-7 tiebreak.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

OAKLAND ATHLETICS — Released LHP Brian Fuentes.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with OF Albert Almora on a minor league contract.
MILWAUKEE BREWERS — Assigned RHP Tim Dillard outright to Nashville (PCL). Recalled RHP Tyler Thornburg from Nashville (PCL). Called up SS Jeff Bianchi from Nashville.
PITTSBURGH PIRATES — Agreed to terms with OF Michael DeLaCruz on a minor league contract.

BASKETBALL

NBA

BROOKLYN NETS — Re-signed G Deron Williams to a five-year contract and F Gerald Wallace to a four-year contract.
DETROIT PISTONS — Signed F Kyle Singler to a multi-year contract.
HOUSTON ROCKETS — Traded G Kyle Lowery to Toronto for F Gary Forbes and an unspecified first-round draft pick. Signed C Marcus Camby and traded him to New York for G Toney Douglas, C Josh Harrellson, C Jerome Jordan and two unspecified second-round draft picks.
LOS ANGELES CLIPPERS — Signed F Blake Griffin to a five-year contract extension.
MIAMI HEAT — Signed G Ray Allen and F Rashard Lewis.
MILWAUKEE BUCKS — Signed G Doron Lamb.
NEW YORK KNICKS — Signed G-F James White.
OKLAHOMA CITY THUNDER — Signed F Hollis Thompson.
ORLANDO MAGIC — Signed F Ryan Anderson and traded him to New Orleans for F Gustavo Ayon.
PHILADELPHIA 76ERS — Re-signed F Lavoy Allen.
PHOENIX SUNS — Signed G Steve Nash and traded him to the L.A. Lakers for 2013 and 2015 first-round draft picks and 2013 and 2014 second-round draft picks.
PORTLAND TRAIL BLAZERS — Signed F Victor Claver.
SACRAMENTO KINGS — Re-signed F Jason Thompson.
SAN ANTONIO SPURS — Re-signed F Tim Duncan.

FOOTBALL

Canadian Football League
EDMONTON ESKIMOS — Signed OL Belton Johnson to the practice roster.

HOCKEY

NHL

ANAHEIM DUCKS — Signed G Frederik Andersen to a two-year, entry-level contract.
BOSTON BRUINS — Signed D Garnet Exelby and F Lane MacDermid to one-year, two-way contracts.
CAROLINA HURRICANES — Agreed to terms with D Marc-Andre Gragnani on a one-year, two-way contract.
DALLAS STARS — Signed F Brett Richie and D Troy Vance to three-year, entry-level contracts.
EDMONTON OILERS — Reached a one-year affiliation agreement with Stockton (ECHL).
FLORIDA PANTHERS — Agreed to terms with G Michael Houser and D Josh McFadden on entry-level contracts.
NEW YORK RANGERS — Agreed to terms with F Brandon Segal.
PHOENIX COYOTES — Agreed to terms with F Joel Rechlicz on a one-year, two-way contract.
SAN JOSE SHARKS — Signed D Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season.
WASHINGTON CAPITALS — Re-signed C Zach Hammill to a one-year contract. Signed LW Wojtek Wolski to a one-year contract.

SOCCER

MAJOR LEAGUE SOCCER

MONTREAL IMPACT — Signed D Dennis Iapichino. Traded F Justin Braun to Real Salt Lake for a conditional 2014 draft pick.
PORTLAND TIMBERS — Recalled F Bright Dike from loan from Los Angeles (USL-PRO). Loaned D Andrew Jean-Baptiste to Los Angeles (USL-PRO).
TORONTO FC — Terminated the contract of F Nick Soolsma.
VANCOUVER WHITECAPS — Sold the contract of M Davide Chiumiento to FC Zurich (Swiss Super League).

CYCLING

TOUR DE FRANCE

At Bellegarde-sur-Valserine, France
Wednesday results
10TH STAGE
A 120.9-mile ride from Macon in southern Burgundy into the Jura mountains to Bellegarde-sur-Valserine, with the first "Hors categorie" climb of this year's tour to the Col de Grand Colombier
1. Thomas Voeckler, France, Team Europcar, 4 hours, 46 minutes, 26 seconds; 2. Michele Scarponi, Italy, Lampre-ISD, 3 seconds behind; 3. Jens Voigt, Germany, RadioShack-Nissan, :07; 4. Luis Leon Sanchez, Spain, Rabobank, :23; 5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, :30; 6. Sandy Casar, France, FDJ-Big Mat, 2:44; 7. Egoi Martinez, Spain, Euskaltel-Euskadi, same time; 8. Pierre Rolland, France, Team Europcar, same time; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 10. Dmitriy Fofonov, Kazakhstan, Astana, 2:52.
11. Thibaut Pinot, France, FDJ-Big Mat, 3:16; 12. Cadel Evans, Australia, BMC Racing, same time; 13. Bradley Wiggins, Britain, Sky Procycling, same time; 14. Nicolas Roche, Ireland, France, AG2R La Mondiale, same time; 15. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 16. Denis Menchov, Russia, Katusha, same time; 17. Alejandro Valverde, Spain, Movistar, same time; 18. Chris Froome, Britain, Sky Procycling, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Jerome Coppel, France, Saur-Sojasun, same time.
OVERALL STANDINGS
(After 10 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 43 hours, 59 minutes, 02 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29; 10. Tejay Van Garderen, United States, BMC Racing, 5:31.
11. Rui Costa, Portugal, Movistar, 5:46; 12. Rein Taaramae, Estonia, Cofidis, 5:56; 13. Janez Brajkovic, Slovenia, Astana, 6:29; 14. Andreas Kloeden, Germany, RadioShack-Nissan, 6:33; 15. Michele Scarponi, Italy, Lampre-ISD, 7:14; 16. Frank Schleck, Luxembourg, RadioShack-Nissan, 8:19; 17. Jerome Coppel, France, Saur-Sojasun, 8:31; 18. Thibaut Pinot, France, FDJ-Big Mat, 8:53; 19. Levi Leipheimer, United States, Omega Pharma-QuickStep, 8:58; 20. Pierre Rolland, France, Team Europcar, 9:28.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
Kansas City	18	10	5	3	23	17	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	18	3	11	4	21	35	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Seattle	19	8	5	6	23	19	30
Vancouver	19	8	5	6	21	22	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Wednesday's result
Toronto 3 Vancouver 2
Saturday's games
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.
Sunday's games
Seattle FC at New York, 4 p.m.
D.C. United at Houston, 9 p.m.
Wednesday, July 18
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto FC, 7 p.m.
New England at Montreal, 8 p.m.
Sporting Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
FC Dallas at San Jose, 10:30 p.m.

NASL

Wednesday's result
San Antonio at Puerto Rico
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday's games
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday's game
Tampa Bay at Edmonton, 4 p.m.

CSL

Friday's games
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday's game
London at Windsor, 7:15 p.m.
Sunday's games
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia, 8 p.m.

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Raptors finalize Lowry deal

NBA. Philadelphia native is key building block for young Toronto team

The Toronto Raptors have officially acquired the cornerstone of what they hope will be a young team brimming with potential.

The Raptors and Houston Rockets finalized a trade Wednesday that will send point guard Kyle Lowry to Toronto for forward Gary Forbes and a protected future first-round draft choice.

"We feel we've added a solid starting-calibre point guard to our team who will bring toughness, grit and playmaking at a very important position," Raptors GM Bryan Colangelo said during a conference call. "At (26 years old) I would say Kyle represents what I would characterize as the future of the position."

Lowry averaged career bests of 14.3 points, 4.5 rebounds and 1.6 steals with the Rockets last year. He also contributed team highs of 6.6 assists and 32.1 minutes in 47 games.

He is slated to make $5.75 million US next season and $6.21 million in 2013-14, a very attractive price for a starting point guard who can put up points and eat minutes.

In addition to the six-foot, 205-pound Philadelphia native, Toronto will add prized rookie centre Jonas Valanciunas, recent draft picks Terrence Ross and Quincy Acy and potentially guard/small forward Landry Fields to its roster next season.

The deal was first reported last week, shortly after the Raptors missed out on signing Victoria's Steve Nash. Colangelo also said the team was going ahead with its plan to sign Fields to an offer sheet, reported last week to be around $20 million. THE CANADIAN PRESS

Kyle Lowry plays against the Charlotte Bobcats in January.
GETTY IMAGES FILE

Calderon's future

What Lowry's acquisition means for current Raptor point guard Jose Calderon remains to be seen.

- Calderon played well last season, but Lowry is five years younger and regarded as an upgrade on defence.
- A likely scenario would see Lowry start and Calderon come off the bench.
- Colangelo said the Raptors would not be against trading Calderon for the right price, but for now they see him as a valuable part of the team.

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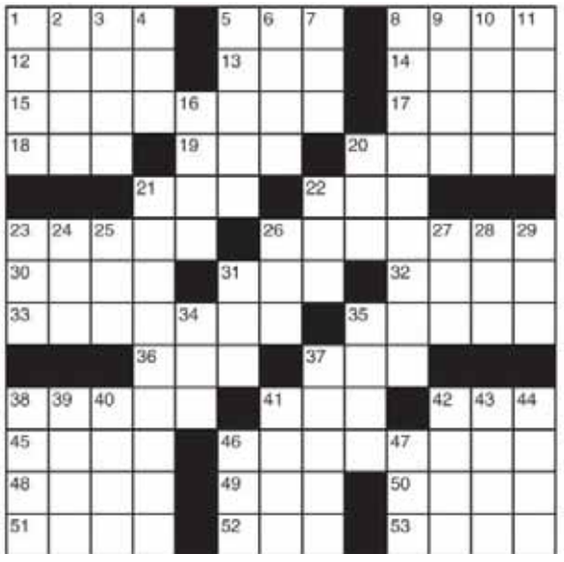
Across
1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up
52 Buddhist sect
53 "Swell!"

Down
1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast
39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse
43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



	3	4				8		
			7	3				1
7					2			3
		3	1		5		9	
	8			4			2	
	5		2		7	6		
5			4					2
3				1	9			
		6				5	7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	4	7	8	9	3	5	2	6
8	5	6	7	4	2	9	3	1
2	9	3	5	6	1	7	4	8
4	7	1	3	2	9	8	6	5
9	2	8	6	7	5	4	1	3
6	3	5	1	8	4	2	9	7
3	1	4	2	5	8	6	7	9
7	8	2	9	3	6	1	5	4
5	6	9	4	1	7	3	8	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

I X A Y G M G K W A Y L A K

H V P V L P G J N M G J L G H A K Y ,

V P B W W N P A X A P X N B J C

N K C A K G P M K A I C K V H A K .

Yesterday's Cryptoquip: IF A GUY IS DRESSED IN A FELINE COSTUME, MIGHT YOU CALL HIS HAIRSTYLE A "CAT MAN DO"?

Today's Cryptoquip Clue: I equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 32°/17° Sunny
Friday 34°/19° Mainly sunny
Know what the weather will be 14 days from now. Check the 14 day trend.
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

Taurus | April 21 - May 21. Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

Gemini | May 22 - June 20. Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

Cancer | June 21 - July 22. You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

Leo | July 23 - Aug. 22. Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

Virgo | Aug. 23 - Sept. 22. You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

Libra | Sept. 23 - Oct. 22. All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

Scorpio | Oct. 23 - Nov. 21. There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

Sagittarius | Nov. 22 - Dec. 21. Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

Capricorn | Dec. 22 - Jan 20. You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

Aquarius | Jan. 21 - Feb 18. Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

Pisces | Feb. 19 - March 20. Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. SALLY BROMPTON

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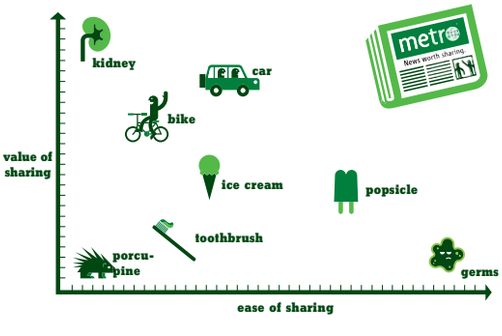

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